

UPCOMING EVENTS

July 2010

Fall soccer sign-ups
ages 4-12 boys and girls cost is free

Playground dates

Zoo June 30

Ice skating July 7

Climbing wall July 20

*Please support you center
Day trips.*

**Volunteers needed to
help make Marion
Franklin Center a
successful Community
Center.**

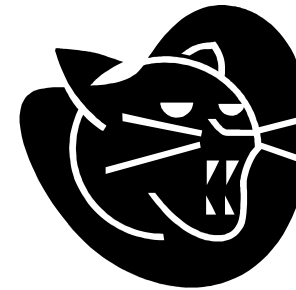


**Marion Franklin Recreation Center
2801 Lockbourne Rd
Columbus, Ohio 43207**

645-3160 community

645-3612 senior

645-5456 Cap City



**Home of the Panthers &
Lady Panthers**

Summer Registration

May 18-22, 2009

Monday –Friday 11-8

Summer session 2009

Community: June 14-August 6, 2010

50+ June 14-August 20, 2010

Next session Fall I

Registration September 6, 2010

Hours of operation

Community

Monday– Friday 9:00-6:00

Capital Kids

Monday-Friday

9:00-5:00

50+

Monday - Friday

Monday-Friday 8:00-5:00

503-0-5005-0 NO-0

MONDAY

- 8:30-5:30 Fitness Room (A) Mon-Fri. (\$10.00 monthly fee for 50+) (\$15 for 19-49)
- 9:00-10:00 Aerobics (A)
- 9:00-10:30 Arts and Crafts (E)
- 9:00 Walking Club (A)
- 8:30-10:00 Senior tennis (A)
- 9:00-10:00 Group Games
- 10:00-11:30 Tennis (6-14)
- 11:00-11:45 Yoga w/fitness ball (A)
- 10:00-11:00 Line Dance (A)
- 10:00-11:30 Playground art (E)
- 11:00-12:00 Chair Volleyball (A)
- 12:00-12:30 Summer Lunch Program 18 and under
- 1:00-3:00 Ceramics (A)
- 1:00-3:00 Underground Railroad Class (A) (meeting 1st & 3rd. Mondays)
- 2:00-3:00 Adult crafts (A)

Legend:
(PK) Pre School
(E) Elementary
(T) Teens
(A) Adults

**Bingo every 1st and 3rd
Tuesday of the month.**

Summer Fitness Room
Hours M-F 8:00-5:45

TUESDAY

- 9:00-10:00 Stretching (A)
- 10:00-11:30 Ceramics (E)
- 10:00-11:00 Aerobics (A)
- 11:00-12:00 Track and Field (6-14 yr. old)
- 12:00-12:45 Summer Lunch Program 18 and under
- 10:00-11:00 *National Arthritis Foundation Exercise Program* (A)
- 11:00-12:00 Chair Volleyball (A)
- 1:30-3:00 Senior Tennis
- 4:00-5:45 Pottery (T,A)
- 6:00-7:30 Girls softball games (ages 7-14)
- 6:30-7:30 Karate (E,T,A) \$35. fee Tues-Thurs .
- 6:00-7:00 Line Dance (A) Beg. \$20.00 fee Tue-Thu
- 7:00-8:00 Line Dance (A) Adv. \$20.00 fee Tue-Thu



WEDNESDAY

- 8:30-10:00 Senior tennis (A)
- 9:00 Walking Club (A)
- 9:30-11:00 Arts and Crafts (E)
- 10:00-11:30 Group Games (E)
- 10:00-11:30 Tennis (6-14)
- 9:00-10:00 Aerobics (A)
- 10:00-11:00 Line Dance (A)
- 11:00-11:45 Yoga w/fitness ball (A)
- 11:00-12:00 Chair Volleyball (A)
- 12:00-12:45 Summer Lunch Program 18 and under
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Wellness Clinic
Hours
Monday-Friday
8:00am-4:30pm

Monthly Birthday
parties.
Last Wednesday of
each month.

Wednesday (Cont.)

- 1:00-3:00 Bridge (A)
- 1:00-3:00 Memories a Creative Writing class (A)
- 4:00-5:45 Summer Art and Crafts (T,A)

Personal training by
appointment only



THURSDAY

- 9:00-10:00 Total Stretch (A)
- 10:00-11:00 Track and Field (6-14 years old.)
- 10:00-11:00 *National Arthritis Foundation Exercise Program* (A)
- 10:00-11:00 Aerobics (A)
- 11:00-12:00 Chair Volleyball (A)
- 12:00-12:45 Summer Lunch Program 18 and under
- 12:30-2:00 Pickle ball (A)
- 1:00-3:00 Learn To Crochet (A)
- 4:40-5:45 Pottery (T,A)
- 6:30-7:30 Karate (E,T,A) \$35.00 fee Tues-Thurs
- 6:00-7:00 Line Dance (Beg) \$20.00 fee Tue-Thurs
- 7:00-8:00 Line Dance (Adv) \$20.00 fee Tues-Thurs.

1st Wednesday
of each month
Diabetes sup-
port
group walking
Club. **Noon**

FRIDAY

- 9:00 Walking club (A)
- 9:00-10:00 Stretch & Tone (A)
- 10:00-11:30 Arts and Crafts (E)
- 10:00-11:00 Line Dance (A)
- 11:00-12:00 Chair Volleyball (A)
- 12:00-12:45 Summer Lunch Program 18 and under
- 1:30-3:00 Fun Fridays ???? (E,T)
- 1:00-3:00 Pinochle (A)
- 2:00-4:00 Table games (E,T)
- 4:00-5:45 Art (E,T)

Bid Whist daily in the
card room
Noon until 6:00pm

Bowling Fridays @
Holiday Lanes. Cost
\$4.75 for 3 games

